

**WHAT IS CLAIMED IS:**

1. An exercise treadmill comprising:
  - a base frame for placing on a floor;
  - 5 a treadmill frame having a front side detachably connected with said base frame, and a rear side;
  - a locking mechanism provided at a front side of said base frame for locking the front side of said treadmill frame to said base frame;
  - at least one crank arm pivoted to said treadmill frame, said crank arm having
  - 10 a sliding member for supporting on the floor; and
  - a lifting mechanism mounted in said treadmill frame, said lifting mechanism including a motor, and a transmission unit coupled between said motor and said crank arm for moving said sliding member of said crank arm on the floor upon operation of said motor to either force the front side of said treadmill frame to move vertically
  - 15 relative to said base frame while the front side of said treadmill is detached from the base frame or force the rear side of said treadmill frame to move vertically relative to said base frame while the front side of said treadmill is locked to the base frame by the locking mechanism.
- 20 2. The exercise treadmill as claimed in claim 1, wherein said transmission unit comprises a sliding block coupled to said motor and forwardly backwardly movable by said motor in direction between the front side and rear side of treadmill frame, and at least one link pivotally coupled between said sliding block and said at least one crank arm.

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3. The exercise treadmill as claimed in claim 1, wherein said locking mechanism comprises a locating plate affixed to said base frame, said locating plate having a center insertion hole and at least one stop rod protruded from a side thereof, a lock pin inserted through the center insertion slot of said locating plate and movable  
5 between a first position where said lock pin is engaged into a part of the front side of said treadmill frame to lock the front side of said treadmill frame to said base frame and a second position where said lock pin is disengaged from the front side of said treadmill frame to unlock the front side of said treadmill frame from said base frame, said lock pin having a stop flange, which is moved through the center insertion hole of  
10 said locating plate when said lock pin is set in said first position, or stopped against said at least one stop rod to hold said lock pin in said second position after said lock pin has been disengaged from the front side of said treadmill frame and rotated relative to said locating plate through an angle.

15 4. The exercise treadmill as claimed in claim 1, further comprising at least one torsional spring having a distal end connected to said crank arm and the other distal end connected to said treadmill frame.

5. The exercise treadmill as claimed in claim 1, wherein said base frame  
20 comprises two upright sidewalls symmetrically disposed at two opposite lateral sides thereof, said upright sidewalls each having a vertically extended guiding slot and a sliding slot horizontally forwardly extended from a bottom end of said guiding slot; said treadmill frame comprises two locating rods respectively protruded from two opposite lateral sides thereof and respectively coupled to the guiding slots of said  
25 upright sidewalls and movable between the guiding slots and sliding slots of said

upright sidewalls.